



Herbal Medicine for Our Changing Times

A PRACTICAL HERB COURSE 2015

Ecologically Sustainable Herbal Medicine

Presented by John Redden RH

The course consists of two sessions.

Beginning on **May 28th, 2015** the class will meet one Thursday a week from 6:30PM to 8:30PM for 5 weeks.

The fall session begins on **September 3rd, 2015** where class will meet every Thursday from 6:30PM to 9:00PM for 11 weeks.

THE OBJECTIVES OF THE COURSE ARE:

*To guide participants through one entire growing season, in order to learn about and experience the planting, tending, and harvesting of approximately 25 medicinal plants which grow readily in Ontario. Students will participate in a group garden provided by the teacher and they may grow some plants at home in their own gardens.

*To discuss the medicinal uses of these plants & about 25 more local wild herbs. To learn by doing, how to prepare and use the various remedies they provide; to address concerns about the appropriateness of herbal medicine for our time and the importance of ecological sustainability.

*To learn how to use the herbs safely and appropriately for the improvement of personal health and the health of the ecosystem.

(Participants must enroll for all sessions.)

The garden will be available for tending and harvesting on days not scheduled for class.

Elective group gardening time and herb walks will be scheduled in, according to student/teacher availability over the summer. Herb walks around Ontario will take place spring, summer, and fall.

Enrollment will be limited to about 30 Students. The cost for the entire course is \$500.00, which will cover lectures, class notes (efiles), herb walks, gardening time, herb products and food products. A Certificate of Completion will be awarded at the end of classes. Students will keep an assortment of tinctures, salves, syrups, creams and fermented foods that they have manufactured during class time. Please preregister with a deposit to hold your place in class. The balance is due on the first day of class. There will be no refunds after the first full class. Missed classes may be made up in the following year. Continuing Education Credits may be applicable for professionals.

Classes will be held at Viriditas Herbal Products, 2775 Dundas St. West, Suite 108 (2 blocks East of Keele) and High Park Garden.

JOHN REDDEN RH is a Western Medical Herbalist with an eclectic background. He has over thirty years experience growing and wild crafting herbs, teaching and manufacturing remedies. As a member and former vice-president of the Ontario Herbalist's Association, he co-founded "A Celebration of Herbs", Toronto's largest herbal event. John's studies in the U.S., Britain and Canada culminated in the founding of Viriditas Herbal Products in Toronto, whose clients include professional herbalists, naturopaths and medical doctors

----- Application Form-----

Name:

Address:

Phone #:

E-mail address:

I enclose \$50.00 non- refundable deposit. \$500.00 complete course fee (includes non- refundable deposit). For inquiries phone (416) 767-3428

Send cheque, etransfer, Mastercard or Visa, payable to VIRIDITAS HERBAL PRODUCTS, 2775 Dundas St. West, Toronto, Ontario, M6P 1Y4

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